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| **Theme:** | **Yogi for a day – At Home Zoom Meeting** |

Date: 5 June 2020

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| **Time** | **Min** | **Activity** | | **Equipment** | | **Scouter** |
| Namaste cubs, so good to see you all. For those that don’t know what namaste means it is a greeting in yoga so today we are going to look at the career in yoga. Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.  As we are in camp uniform today, we don’t do a flag ceremony today, but it is important to remember and practise our Cub Promise so everyone stand, and Shelby will say our cub promise. Everyone salute. | | | | | | |
| 16h00 | 5 | **Opening: Namaste** | | None | | Dragonfly/Shelby |
| A yoga teacher is a fitness and wellness professional who leads group classes in yoga. They teach students how to perform the various stretching poses, practice meditation and promote mental health in addition to overall wellbeing. These professionals are also often referred to as “yoga instructors” and “yogis.” Before we practise some yoga, we need to appreciate nature. | | | | | | |
| 16h05 | 5 | **Steam Release: Out in Nature**  Walk around as if you’re in a beautiful garden smiling and looking around at everything.  Cat – lick arms and meow  Frog – squat on the floor like a frog  Seed – curl up in ball on floor  Tree – stand on one leg  Dog – hands forward and tongue out… panting  Butterfly – hands on hips and flap arms backwards and forwards | | None | | Bagheera |
| Yoga is all about balance and harmony and reaching a sense of calm, especially now when we sometimes feel anxious about being in lockdown. The Japanese believed that Zen Gardening was a nice way to relax by making patterns in the “dry” garden. | | | | | | |
| 16h10 | 10 | **Activity: Zen Garden box**  **Notes below** | | Box or container  Sand/salt/flour  4/5 rocks  Fork  Tiny plant/desert type (optional) | | Chil |
| Keeping fit mentally is as important as keeping our bodies fit. Let’s see if you can think fast with the elements of rock, paper, scissors. | | | | | | |
| 16h20 | 5 | **Game: the Elements**  Everyone waits for count of 3 then shows  Fist – rock  Flat hand – paper  First and second finger in V – scissors  Leader shows their hand at same time  Take score | | Rock , paper , scissors | | Baloo |
| In order to be happy in life we need to be kind. Let’s see how a farmer was kind. | | | | | | |
| 16h25 | 5 | **Yarn: The Best Seed** | | Story attached | | Akela |
| Let’s practise some yoga poses now. | | | | | | |
| 16h30 | 10 | **Activity: Sun salutations** | | | Camp uniform and a mat if possible  Flow of movement chart | Dragonfly |
| Remember part of exercising our minds is to listen. Let’s see if you can listen to these sounds and remember them. Write them down afterwards and show us the list. | | | | | | |
| 16h40 | 5 | **Kim’s Game: Sounds**  Rain  Cymbols  Drum  Wooden frog  Waterfall  Ocean  Whale  Forrest  Campfire  Crickets | | | Pre recorded sounds | Kai |
| After exercising the body you should cool down. You can do the same for the mind. By relaxing your mind you will feel better especially if you have been anxious. | | | | | | |
| 16h45 | 5 | **Activity: relaxation exercise**  **Om video clip**  **<https://youtu.be/rdpyTPd-aUw>** | | |  | Akela |
| To keep the mind healthy you need to think healthy too. How healthy is your mind? | | | | | | |
| 16h50 | 5 | **Test your Zen**  Healthy self-talk quiz | | |  | Dragonfly |
| Well done everyone. We hope you know a little more about how to keep your body and your mind healthy. Hopefully you will practise being kind and keeping your mind happy every day. | | | | | | |
| 16h55 | 5 | **Closing:**  Cub Prayer | | None | | Volunteer to say cub prayer |
| Silver Wolf: | | | Gold Wolf | | | |

**ZEN GARDENS FOR KIDS**

These **zen gardens for kids** are so easy and fun to make! We used non-breakable containers and bright colours to make this project fun and kid friendly. This is a great calming sensory activity for kids that you can customize with different colours and accessories.

They would also make great gifts! We love making handmade gifts for family and friends, check out our collection of awesome kid-made gifts for more ideas and inspiration.

**MAKE YOUR OWN ZEN GARDENS FOR KIDS**



**SUPPLIES**

* [Sand in any colour](http://amzn.to/2jWPRY0)Kid safe containers
* Items for your zen garden such as shells, rocks & crystals, driftwood, or other items of your choosing.
* Something to use as a rake. We used a mini back scratcher (which worked perfectly!), a wooden fork and made our own with wooden skewers (more on that below).
* Washi tape*(optional)*

**START YOUR ZEN GARDENS FOR KIDS**

1. Pick out your containers. We made sure to use containers that wouldn’t easily break. We chose a lid from a photo box, a photo scrapbooking container with a lid, which is great because you can close the lid and make it portable, and an old plastic plate that I used when my daughter was younger(a great way to use what you already have!).

If you choose to use a shallow cardboard box, you might want to tape around the bottom and sides to prevent the sand from leaking through.

1. Choose your sand colours. My kids wanted to use bright colours and luckily our local craft store had some in stock. I was hoping to find some sand at the dollar store, but no such luck! If you use sand that you collect from the beach make sure to pick out all the debris, rinse it in a fine mesh strainer and let it dry completely before pouring into your containers.
2. Fill your containers, but don’t fill them too much. You want to be able to make designs in your sand with a rake and not have any sand spill out.
3. Choose your zen garden accessories. This is the fun part! We used rocks, crystals, and driftwood for our zen gardens. But you can choose to add any items your kids want. Mini statues or small toys, even air dry plants that are in more traditional zen gardens. Have fun placing your items in your containers.
4. Time for your rakes! The mini back scratcher and wooden fork worked great but I also wanted to make our own. We used mini bamboo skewers that are used for appetizers(and probably found at any grocery store) and wrapped them in washi tape. They turned out great and work really well!
5. Give your kids a chance to try out the different rakes and play around with drawing designs in their sand.



**Yarn: The Best Seed**

There once was a farmer who grew the most excellent wheat. Every season he won the award for the best wheat in his county.

A wise woman came to him to ask him about his success.

He told her that the key was sharing his best seed with his neighbours so they could plant the seed as well.

The wise woman asked, “How can you share your best wheat seed with your neighbours when they compete with you every year?”

“That’s simple,” the farmer replied. “The wind spreads the pollen from everyone’s wheat and carries it from field to field. If my neighbours grew inferior wheat, cross-pollination would degrade everyone’s wheat, including mine. If I’m to grow the best wheat, I must help my neighbours grow the best wheat as well.”

This is not only excellent advice for growing the best crops, but also great advice for how to live your life.

If you want to live a meaningful and happy life, help others find happiness.

Remember: The value of your life is measured by the lives you touch with love, kindness, respect, and hope.

**Sun salutations sequence**

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